

permission to feel

permission to feel is a transformative concept that emphasizes the importance of acknowledging, understanding, and expressing emotions in healthy ways. In today's fast-paced world, many people suppress their feelings, leading to stress, burnout, and reduced emotional well-being. This article explores what it means to have permission to feel, why emotional validation matters, and how embracing emotions can improve mental health, relationships, and personal growth. We'll examine practical strategies, psychological insights, and the role of emotional intelligence. Whether you're seeking to enhance your own emotional awareness or support others, this comprehensive guide provides actionable advice and expert perspectives to help you navigate the complexities of human emotion. Read on to discover how giving yourself and others permission to feel can lead to a more fulfilled and resilient life.

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Understanding Permission to Feel

Permission to feel is a psychological and social principle that encourages individuals to recognize, accept, and express their emotions without judgment or shame. This foundational concept is rooted in the belief that all emotions—whether positive or negative—are valid and essential for personal development. In many cultures, people are taught to hide or suppress their feelings, but research suggests that this can negatively impact mental health and interpersonal relationships. Permission to feel is about creating an environment, both internally and externally, where emotions are welcomed and respected. By fostering emotional openness, individuals can experience greater self-awareness, empathy, and resilience.

The Science of Emotional Validation

Why Emotional Validation Matters

Emotional validation is the act of acknowledging and accepting another person's feelings as legitimate. Studies in psychology reveal that when people feel validated, there is a reduction in anxiety, stress, and feelings of isolation. Emotional validation is a cornerstone of permission to feel, as it helps build trust and psychological safety. It encourages open communication and allows individuals to process their emotions constructively.

Neuroscience Behind Emotional Expression

Brain imaging research shows that expressing emotions activates neural pathways related to emotional regulation and empathy. Suppressing feelings, on the other hand, can lead to increased activity in regions associated with stress and rumination. When individuals give themselves permission to feel, they engage the prefrontal cortex, enhancing problem-solving and emotional awareness. This biological perspective underscores the importance of emotional expression for overall well-being.

Benefits of Embracing Your Emotions

Impact on Mental Health

Allowing yourself permission to feel improves mental health by reducing symptoms of anxiety, depression, and chronic stress. Emotional suppression often leads to emotional exhaustion and a diminished sense of self-worth. By embracing your emotions, you foster self-acceptance and psychological resilience, making it easier to cope with life's challenges.

Personal Growth and Self-Awareness

Giving yourself permission to feel enhances self-awareness and personal growth. Recognizing and understanding your emotions provides valuable insights into your values, motivations, and areas for improvement. Emotional openness encourages reflection and helps you make decisions aligned with your authentic self.

Strengthening Relationships

Honoring emotions in yourself and others promotes empathy and deepens connections. When individuals feel safe to express their feelings, relationships become more supportive and

harmonious. Emotional expression lays the foundation for effective communication and conflict resolution.

Permission to Feel and Emotional Intelligence

Defining Emotional Intelligence

Emotional intelligence refers to the ability to perceive, understand, manage, and utilize emotions effectively. Permission to feel is a critical component of emotional intelligence, as it involves recognizing and validating emotions rather than suppressing them. People with high emotional intelligence are adept at navigating social situations and managing stress.

Relationship Between Emotional Intelligence and Permission to Feel

- Self-awareness: Understanding one's own emotions is key to emotional intelligence and is fostered by permission to feel.
- Self-regulation: Managing emotional responses relies on acknowledging feelings first.
- Empathy: Recognizing and validating the emotions of others strengthens interpersonal skills.
- Social skills: Effective communication and conflict resolution begin with emotional openness.

Practical Strategies for Honoring Your Feelings

Mindfulness and Emotional Awareness

Practicing mindfulness is an effective way to cultivate permission to feel. Mindfulness involves observing thoughts and emotions without judgment, allowing you to respond rather than react. Techniques such as meditation and journaling can enhance emotional awareness and acceptance.

Developing Emotional Vocabulary

Expanding your emotional vocabulary helps articulate feelings more accurately. The ability to name emotions—such as frustration, joy, sadness, or excitement—empowers individuals to process and communicate their experiences. This skill is particularly useful in both personal and professional settings.

Setting Boundaries and Self-Compassion

Permission to feel includes setting healthy boundaries and practicing self-compassion. Boundaries protect emotional well-being by ensuring that your feelings are respected. Self-compassion involves treating yourself with kindness during emotional distress, rather than self-criticism.

Permission to Feel in Relationships

Creating a Supportive Environment

A supportive environment encourages open emotional expression among family members, friends, and colleagues. Leaders and partners can model permission to feel by validating emotions and listening actively. This approach nurtures trust and strengthens relationships over time.

Conflict Resolution and Emotional Safety

Conflict is inevitable in any relationship, but permission to feel allows for healthier resolution. By acknowledging emotions, individuals can address underlying issues rather than surface-level disagreements. Emotional safety is crucial for honest dialogue and mutual understanding.

Overcoming Barriers to Emotional Expression

Common Obstacles

- Social stigma surrounding emotional vulnerability
- Cultural norms that discourage emotional openness
- Personal beliefs that equate emotions with weakness
- Fear of judgment or rejection

Strategies for Overcoming Barriers

Education and self-reflection are powerful tools for overcoming barriers to emotional expression. Learning about the value of emotions and challenging negative beliefs can foster a more accepting

mindset. Seeking professional support, such as therapy or coaching, may also help individuals navigate emotional challenges.

Permission to Feel and Mental Health

The Role in Stress Management

Recognizing and expressing emotions is essential for effective stress management. Suppressed feelings can accumulate, leading to emotional overload and burnout. Permission to feel enables individuals to process stress in healthier ways, reducing the risk of long-term mental health issues.

Therapeutic Approaches

Many therapeutic modalities, including cognitive-behavioral therapy (CBT) and acceptance and commitment therapy (ACT), emphasize the importance of emotional acceptance. These approaches help clients give themselves permission to feel, promoting healing and psychological growth.

Frequently Asked Questions

Q: What does permission to feel mean?

A: Permission to feel means allowing oneself to recognize, accept, and express emotions without judgment or suppression. It is about honoring feelings as valid and essential to well-being.

Q: Why is emotional validation important?

A: Emotional validation helps people feel understood and accepted. It reduces anxiety, builds trust, and promotes healthy communication in relationships.

Q: How can I give myself permission to feel?

A: You can give yourself permission to feel by practicing mindfulness, expanding your emotional vocabulary, setting boundaries, and treating yourself with compassion during emotional experiences.

Q: What are common barriers to emotional expression?

A: Common barriers include social stigma, cultural norms, fear of judgment, and beliefs that emotions are a sign of weakness.

Q: How does permission to feel impact mental health?

A: Allowing yourself to feel improves mental health by reducing stress and anxiety, fostering resilience, and enhancing self-acceptance.

Q: Can permission to feel strengthen relationships?

A: Yes, emotional openness and validation in relationships promote empathy, trust, and more effective communication.

Q: What role does emotional intelligence play in permission to feel?

A: Emotional intelligence involves recognizing and managing emotions, which is closely linked to permission to feel. It supports self-awareness, empathy, and social skills.

Q: Are there therapies that focus on emotional acceptance?

A: Yes, therapies like CBT and ACT help individuals accept and process their emotions, leading to improved psychological health.

Q: What practical steps can I take to improve emotional awareness?

A: Mindfulness practices, journaling, and expanding your emotional vocabulary are effective steps to enhance emotional awareness.

Q: Is it normal to struggle with expressing emotions?

A: Yes, many people face challenges due to upbringing, cultural influences, or personal experiences. With support and practice, emotional expression can become easier over time.

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Permission to Feel: Unlocking Emotional Freedom and Wellbeing

Feeling overwhelmed? Constantly battling inner criticism for your emotions? You're not alone. Many of us struggle with granting ourselves "permission to feel." This isn't about wallowing in negativity; it's about acknowledging the full spectrum of human emotion – joy, sadness, anger, fear – without judgment. This blog post will explore the importance of self-compassion, the detrimental effects of emotional suppression, and practical strategies to cultivate a healthier relationship with your feelings. We'll help you navigate the complexities of emotional regulation and ultimately unlock greater emotional freedom and wellbeing.

Understanding the Power of "Permission to Feel"

The concept of "permission to feel" boils down to giving yourself unconditional acceptance for whatever emotions arise. It's about recognizing that emotions are natural, temporary, and valid, regardless of societal expectations or personal judgments. We often learn, implicitly or explicitly, to suppress certain emotions – particularly those deemed "negative" – fearing judgment or believing we should be "stronger" or "more positive." This suppression, however, can have significant consequences for our mental and physical health.

The Cost of Emotional Suppression

Suppressing emotions is like trying to hold a beach ball underwater: you can do it for a while, but eventually, it will pop back up, often with more force. The consequences of chronic emotional suppression can manifest in various ways:

Increased stress and anxiety: Bottled-up emotions contribute to elevated cortisol levels, leading to chronic stress and anxiety.

Physical health problems: Stress and suppressed emotions can manifest as physical symptoms, including headaches, digestive issues, and weakened immunity.

Mental health disorders: Prolonged emotional suppression can contribute to or worsen conditions like depression, anxiety, and PTSD.

Damaged relationships: Difficulty expressing emotions can strain relationships, leading to misunderstandings and conflict.

Burnout and decreased productivity: Constantly battling your own emotions drains energy and reduces overall productivity.

Cultivating Self-Compassion: The Foundation of Emotional Freedom

Self-compassion is the cornerstone of granting yourself "permission to feel." It involves treating yourself with the same kindness, understanding, and acceptance you would offer a close friend struggling with similar emotions. This means acknowledging your pain without judgment, recognizing that you're not alone in your experiences, and reminding yourself that you are worthy of love and acceptance, regardless of your emotional state.

Practical Steps to Cultivate Self-Compassion:

Mindful awareness: Pay attention to your emotions without judgment. Observe them as they arise and pass.

Self-soothing techniques: Practice self-soothing techniques like deep breathing, meditation, or spending time in nature.

Positive self-talk: Challenge negative self-criticism and replace it with compassionate self-talk.

Acceptance of imperfection: Recognize that it's okay to feel a range of emotions, including those considered "negative."

Seeking support: Connect with supportive friends, family, or a therapist to process difficult emotions.

Strategies for Embracing Your Emotions

Giving yourself "permission to feel" isn't passive; it requires active engagement with your emotional landscape. Here are some strategies to help you navigate your feelings more effectively:

Emotional Labeling: Name your emotion. Simply identifying what you're feeling ("I'm feeling angry," "I'm feeling sad") can create a sense of distance and reduce the intensity of the emotion.

Emotional Processing: Allow yourself time and space to process your emotions. This may involve journaling, talking to

a trusted friend, or engaging in creative expression.

Setting Healthy Boundaries: Learn to set healthy boundaries to protect yourself from situations or people that trigger overwhelming emotions.

Mindfulness and Meditation: Regular mindfulness practice can help you develop greater awareness of your emotions and cultivate a more accepting attitude towards them.

Reframing Your Relationship with Emotions

The journey towards granting yourself "permission to feel" is a process, not a destination. It involves ongoing self-reflection, compassion, and a commitment to emotional growth. By shifting your perspective from resisting your emotions to accepting and understanding them, you can pave the way for greater emotional freedom, resilience, and overall wellbeing.

Conclusion:

Granting yourself "permission to feel" is a powerful act of self-care and self-acceptance. It's about embracing the full spectrum of human emotion without judgment, cultivating self-compassion, and developing healthy strategies for managing challenging feelings. By embracing this journey, you can unlock greater emotional freedom, build stronger relationships, and cultivate a more fulfilling life.

FAQs:

1. What if I'm afraid to feel my emotions? It's common to fear certain emotions, particularly those associated with pain or vulnerability. Starting with small steps, like acknowledging your emotions without judgment, can help build your confidence and comfort level.
2. How do I differentiate between healthy emotional processing and wallowing? Healthy processing involves acknowledging and understanding your emotions, learning from them, and moving forward. Wallowing involves getting stuck in negative emotions without taking steps to address them or improve your situation.

3. Is therapy necessary for granting myself permission to feel? While not always necessary, therapy can be incredibly beneficial for individuals struggling with significant emotional challenges or past trauma. A therapist can provide guidance, support, and tools for effective emotional processing.

4. Can I grant myself permission to feel only positive emotions? No, granting yourself permission to feel means accepting the full spectrum of human emotions, including those that are unpleasant. Attempting to only feel positive emotions is unrealistic and ultimately unsustainable.

5. How long does it take to develop a healthier relationship with my emotions? The timeline varies for each individual. It's a journey of self-discovery and requires ongoing commitment and self-compassion. Be patient with yourself, and celebrate your progress along the way.

permission to feel: Permission to Feel Marc Brackett, 2019-09-05 A practical and transformative 5-step strategy to ensure the emotional wellbeing of yourself and your child The mental wellbeing of children and adults is shockingly poor. Marc Brackett, author of *Permission to Feel*, knows why and what we can do. Marc Brackett is a professor in Yale University's Child Study Center and in his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults - a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognise the suffering, bullying, and abuse he'd endured. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional wellbeing. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and effective approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is his way to share the strategies and skills with readers around the world. It is tested, and it works.

permission to feel: The Dance of Fear Harriet Lerner, 2009-10-06 Unhappiness, says bestselling author Harriet Lerner, is fueled by three key emotions: anxiety, fear, and shame. They are the uninvited guests in our lives. When tragedy or hardship hits, they may become our constant companions. Anxiety can wash over us like a tidal wave or operate as a silent thrum under the surface of our daily lives. With stories that are sometimes hilarious and sometimes heartbreaking, Lerner takes us from fear lite to the most difficult lessons the universe sends us. We learn: how a man was cured in a day of the fear of rejection -- and what we can learn from his story how the author overcame her dread of public speaking when her worst fears were realized how to deal with the fear of not being good enough, and with the shame of feeling essentially flawed and inadequate how to stay calm and clear in an anxious, crazy workplace how to manage fear and despair when life sends a crash course in illness, vulnerability, and loss how positive thinking helps -- and harms how to be our best and bravest selves, even when we are terrified and have internalized the shaming messages of others No one signs up for anxiety, fear, and shame, but we can't avoid them either. As we learn to respond to these three key emotions in new ways, we can live more fully in the present and move into the future with courage, clarity, humor, and hope. *Fear and Other Uninvited Guests* shows us how.

permission to feel: Permission to Screw Up Kristen Hadeed, 2017-10-10 The inspiring, unlikely, laugh-out-loud story of how one woman learned to lead--and how she ultimately succeeded, not despite her many mistakes, but because of them. This is the story of how Kristen Hadeed built Student Maid, a cleaning company where people are happy, loyal, productive, and empowered, even while they're mopping floors and scrubbing toilets. It's the story of how she went from being an almost comically inept leader to a sought-after CEO who teaches others how to lead. Hadeed

unintentionally launched Student Maid while attending college ten years ago. Since then, Student Maid has employed hundreds of students and is widely recognized for its industry-leading retention rate and its culture of trust and accountability. But Kristen and her company were no overnight sensation. In fact, they were almost nothing at all. Along the way, Kristen got it wrong almost as often as she got it right. Giving out hugs instead of feedback, fixing errors instead of enforcing accountability, and hosting parties instead of cultivating meaningful relationships were just a few of her many mistakes. But Kristen's willingness to admit and learn from those mistakes helped her give her people the chance to learn from their own screwups too. *Permission to Screw Up* dismisses the idea that leaders and organizations should try to be perfect. It encourages people of all ages to go for it and learn to lead by acting, rather than waiting or thinking. Through a brutally honest and often hilarious account of her own struggles, Kristen encourages us to embrace our failures and proves that we'll be better leaders when we do.

permission to feel: *Authentic Power* Ashley Bernardi, 2021-12-21 This book has the power to heal the world one person at a time. - Lorilee Binstock, host of A Trauma Survivor's Podcast and founder of Authentic Insider Magazine **WHAT IF YOU ALLOWED YOURSELF TO TRULY FEEL?** Whether it's grief, despair, or anxiety, society will always find a way to label feelings as "messy." But burying these reactions only leads to greater emotional turmoil. In the past, we have looked to self-help gurus like Gary Zukav, whose *Seat of the Soul* inspired Oprah Winfrey to help America process trauma. So why did that book resonate with her, and what does everyone still love about Oprah? It's not that she's rich or that she's successful...it's her authenticity. She taps into what she has described in her *SuperSoul Sundays* as *Authentic Power*: uniting all the pieces of herself so that she's always bringing her whole self to everything she does. Oprah didn't ignore her messy feelings: she shared them with America, and she processed and integrated them in order to tap into her own authentic power. She became her authentic self, which exudes from her in every second that you see her. In *Authentic Power: Give Yourself Permission to Feel*, accomplished entrepreneur, journalist, publicist, and award-winning podcaster Ashley Bernardi continues the brave work of these great thought leaders by teaching you that your darkest hours are disguised opportunities to uncover and process, feel, heal, and grow. Bernardi's personal journey began when she witnessed her father's sudden death at age eleven. Years later, a mysterious illness began a personal quest toward healing and taught her that trauma and adversity can be sources of strength and self-discovery. Through daily affirmations and writing prompts, you will discover Ashley Bernardi's F.E.E.L. Framework: Focus Enter Experience Learn You will explore chapters such as: Embrace the Waves of Emotions Lift the Emotional Fog Make Space for the Brave Conversations The F.E.E.L. Framework Balanced Body, Balanced Heart Discover Your Deeper, Powerful, Self Exercise Your Empathy As the founder of a national media relations and publicity firm, Ashley has the privilege of access to many of the world's leading experts in health and wellness who offered healing and hope with her personal challenges—a rich collection of top doctors, neurologists, psychologists, nutritionists, coaches, spiritualists, and others. She shares their profound wisdom so that you can build hope during your times of struggle. Bernardi searched for true healing and growth for more than twenty years; *Authentic Power* equips you with the tools to ignite your own journey now. Through daily affirmations, exercises, and journaling prompts...Bernardi walks readers through her FEEL framework—focus, enter, experience, and learn—to help them find a way forward after experiencing trauma. —Publishers Weekly Ashley Bernardi completely reveals herself and therefore all of us with a compendium of powerful words, wisdom and practices to put into place immediately. —Dana Look-Arimoto, host of *Settle Smarter* Podcast and author of *Stop Settling, Settle Smart*

permission to feel: *UNBORED Games* Joshua Glenn, Elizabeth Foy Larsen, 2014-10-14 *UNBORED Games* has all the smarts, creativity, and DIY spirit of the original *UNBORED* ("It's a book! It's a guide! It's a way of life!" -Los Angeles Magazine), but with a laser-like focus on the activities we do for pure fun: to while away a rainy day, to test our skills and stretch our imaginations-games. There are more than seventy games here, 50 of them all new, plus many more recommendations, and they cover the full gambit, from old-fashioned favorites to today's high-tech

games. The book offers a gold mine of creative, constructive fun: intricate clapping games, bike rodeo, Google Earth challenges, croquet golf, capture the flag, and the best ever apps to play with Grandma, to name only a handful. Gaming is a whole culture for kids to explore, and the book will be complete with gaming history and interviews with awesome game designers. The lessons here: all games can be self-customized, or hacked. You can even make up your own games. Some could even change the world. The original UNBORED has taken its place as a much beloved, distinctly contemporary family brand. UNBORED Games extends the franchise -- also including UNBORED Adventure -- in a new handy flexibound format, illustrated in full color throughout. This is a whole shelf of serious fun the whole family can enjoy indoors, outdoors, online and offline.

permission to feel: *Permission Granted* Melissa Camara Wilkins, 2019-11-05 From award-winning blogger Melissa Camara Wilkins, come and find a stunningly simple path to confidence and clarity. All you have to do is give yourself permission to show up as your gloriously imperfect self. Trying to fix yourself is exhausting. But being yourself - that is both possible and life-giving. The key is a simple heart-shift from chasing after perfection to learning to tell a truer story about ourselves, the world, and our place in it. Melissa Camara Wilkins invites you into her journey of discovering the profound simplicity of dropping the pretenses and allowing ourselves to be fully human - flaws and all. This is a story about making life simpler by letting go of who you think you're supposed to be and becoming who you really are. With wit and compassion, Melissa explores how to be present, show up as your real self, and get comfortable in your own skin by aligning the truth inside you with the life you live on the outside. Gain confidence with the freeing practices of dropping the mask, abandoning the experts, and understanding your real assignment. With refreshing honesty and insight, Melissa invites you to move from the either/or dichotomy into a spacious freedom of embracing the both/and - brave and scared, messy and real, gloriously imperfect and absolutely enough. This is your permission slip to be your whole, human self. For everyone who feels the pressure to fit in, measure up, and get it together, *Permission Granted* is a life-giving invitation to soul-level simplicity.

permission to feel: Teach Me To Feel Courtney Reissig, 2020-01-01 Meditations on the Psalms helping women to express their feelings and grow in their faith. Many of us suppress our feelings because we're worried they are ungodly. Others of us are so led by our emotions that we let them dominate everything, including our faith. In these honest, personal and uplifting meditations on 24 selected psalms, Courtney Reissig looks at emotions we all experience, ranging from shame, anxiety, and anger through to gratitude, hope, and joy. For each, she shows how the psalms give us permission to acknowledge how we feel before God, and how they can help us to use those feelings productively and faithfully. This inspiring book will give women a language to cry out to God in order to help them process their feelings, as well as help them to grow in their faith. Can be used as a daily devotion.

permission to feel: Implementing Social and Emotional Learning (SEL) in Classrooms and Schools Marc A. Brackett, Robin S. Stern, Dena N. Simmons, Nicole A. Elbertson, 2019-02-15 Social and Emotional Learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions. Research shows that social and emotional skills are prerequisite to the thinking and learning skills that comprise the time-honored academic focus of education. A study published in 2015 found significant correlations between SEL skills of children in kindergarten and important outcomes when these kindergartners became young adults, including differences in mental health, substance abuse, criminal activity, education, and employment. This 6-page, quick-reference laminated guide by Marc Brackett and colleagues at the Yale Center for Emotional Intelligence, provides educators with an introduction to SEL, guidelines for effective implementation of SEL in your classroom and school, an introduction to the RULER approach to SEL, strategies to promote your own social and emotional wellbeing, and a classroom SEL evaluation tool.

permission to feel: Feeling Left Behind Kim Murdock, 2019-08-01 2020 Colorado Authors' League Finalist 2020 Book Excellence Awards Finalist Kim's words, ripped from her diary, are raw, painting a picture of the excruciating anguish that so many left behind by the physical departing of a loved one express. —Duck White-Petteruti, Founder, Domus Pacis Family Respite It will give you, the reader, permission to remember, never forget, and to slowly live from the place of heart again. —Patty L. Luckenbach, MA, DD, associate minister and author of *I Only Walk On Water When It Rains* The grief that accompanies the loss of a loved one is crippling. In *Feeling Left Behind*, author Kim Murdock relates and empathizes with that pain because she's been there. She knows what it feels like to be woefully blindsided by music or at the grocery store, to reconsider the future alone, and to connect with a person who is no longer alive. You will relate to her chapters as she describes:

- The crushing desire to freeze time and isolate yourself
- The unstable phase of "firsts"— first holidays, birthdays, anniversaries
- The anger and sadness at seeing other couples
- The loss of self, empathy, security, and tolerance
- The heartbreaking sadness of getting rid of their belongings

And so much more This is not a step-by-step guide on how to grieve. Kim outlines every detail of her experience as well as the experiences of her widow/widower friends to show you that you are not alone. You are normal. And you deserve as much time as possible to figure out how to survive in your own way. Kim's words, ripped from her diary, are raw, painting a picture of the excruciating anguish that so many left behind by the physical departing of a loved one express. —Duck White-Petteruti, Founder, Domus Pacis Family Respite

permission to feel: Permission to Feel Sandra Fazio, 2019-10-24 After leaving the corporate world and receiving a message from The Universe, Sandra Fazio embarked on a passionate mission to help others raise their personal and collective self-awareness. Sandra's poems in *Permission to Feel* are a collection of many reflections in a storytelling fashion from her motherhood journey, daily encounters in the world, interactions with her coaching clients, personal interpretations of wisdom teachings and her attempts to balance life as a whole between her humanness and spirit. The reader will travel with her lyrically through her experiences not only as parent and child but through all channels of life - touching upon pain and purpose, surrender and acceptance, trials and transformation and more. Throughout this outstanding and revealing collection of work, Sandra holds nothing back and encourages us to embark on our own journey of innerexploration to fully embrace all of life's messiness while cultivating selfcompassion, clarity, personal growth, and ultimately awakened consciousness.

permission to feel: Permission to Be Human MaryBeth Hyland, 2021-06-08 Create a successful workplace culture with the help of international expert and visionary MaryBeth Hyland. Culture is complex. It has its own language and nuances that can change in an instant. To build a thriving, sustainable company, business leaders must be intentional in crafting cultures that reflect their core values—well beyond creating posters that simply profess them. But how? Using personal stories, national research, and proven practices, *Permission to Be Human* lays out a guide to workplace culture that will empower and equip leaders to activate alignment at the highest levels. This book will teach you how to: Inspire and mobilize team members Empathize with and relate to the human experience at work Identify and operationalize your company's core values Create a flourishing, connected, people-centered business *Permission to Be Human* is a step-by-step guide to creating a thriving culture where people matter, stay, and grow so that your business succeeds. Are you ready to ignite alignment in your organization?

permission to feel: *Coming Home to Her* Emily Juniper, 2021-03-07 *Coming Home to Her* is a celebration of being human. It is a coming out journey, an exploration of sexuality, femininity, loving, and being loved.

permission to feel: *I Know This Much Is True* Wally Lamb, 1998-06-03 With his stunning debut novel, *She's Come Undone*, Wally Lamb won the adulation of critics and readers with his mesmerizing tale of one woman's painful yet triumphant journey of self-discovery. Now, this brilliantly talented writer returns with *I Know This Much Is True*, a heartbreaking and poignant multigenerational saga of the reproductive bonds of destruction and the powerful force of

forgiveness. A masterpiece that breathtakingly tells a story of alienation and connection, power and abuse, devastation and renewal--this novel is a contemporary retelling of an ancient Hindu myth. A proud king must confront his demons to achieve salvation. Change yourself, the myth instructs, and you will inhabit a renovated world. When you're the same brother of a schizophrenic identical twin, the tricky thing about saving yourself is the blood it leaves on your hands--the little inconvenience of the look-alike corpse at your feet. And if you're into both survival of the fittest and being your brother's keeper--if you've promised your dying mother--then say so long to sleep and hello to the middle of the night. Grab a book or a beer. Get used to Letterman's gap-toothed smile of the absurd, or the view of the bedroom ceiling, or the influence of random selection. Take it from a godless insomniac. Take it from the uncrazy twin--the guy who beat the biochemical rap. Dominick Birdsey's entire life has been compromised and constricted by anger and fear, by the paranoid schizophrenic twin brother he both deeply loves and resents, and by the past they shared with their adoptive father, Ray, a spit-and-polish ex-Navy man (the five-foot-six-inch sleeping giant who snoozed upstairs weekdays in the spare room and built submarines at night), and their long-suffering mother, Concettina, a timid woman with a harelip that made her shy and self-conscious: She holds a loose fist to her face to cover her defective mouth--her perpetual apology to the world for a birth defect over which she'd had no control. Born in the waning moments of 1949 and the opening minutes of 1950, the twins are physical mirror images who grow into separate yet connected entities: the seemingly strong and protective yet fearful Dominick, his mother's watchful monkey; and the seemingly weak and sweet yet noble Thomas, his mother's gentle bunny. From childhood, Dominick fights for both separation and wholeness--and ultimately self-protection--in a house of fear dominated by Ray, a bully who abuses his power over these stepsons whose biological father is a mystery. I was still afraid of his anger but saw how he punished weakness--pounced on it. Out of self-preservation I hid my fear, Dominick confesses. As for Thomas, he just never knew how to play defense. He just didn't get it. But Dominick's talent for survival comes at an enormous cost, including the breakup of his marriage to the warm, beautiful Dessa, whom he still loves. And it will be put to the ultimate test when Thomas, a Bible-spouting zealot, commits an unthinkable act that threatens the tenuous balance of both his and Dominick's lives. To save himself, Dominick must confront not only the pain of his past but the dark secrets he has locked deep within himself, and the sins of his ancestors--a quest that will lead him beyond the confines of his blue-collar New England town to the volcanic foothills of Sicily's Mount Etna, where his ambitious and vengefully proud grandfather and a namesake Domenico Tempesta, the *sostegno del famiglia*, was born. Each of the stories Ma told us about Papa reinforced the message that he was the boss, that he ruled the roost, that what he said went. Searching for answers, Dominick turns to the whispers of the dead, to the pages of his grandfather's handwritten memoir, *The History of Domenico Onofrio Tempesta, a Great Man from Humble Beginnings*. Rendered with touches of magic realism, Domenico's fablelike tale--in which monkeys enchant and religious statues weep--becomes the old man's confession--an unwitting legacy of contrition that reveals the truth's of Domenico's life, Dominick learns that power, wrongly used, defeats the oppressor as well as the oppressed, and now, picking through the humble shards of his deconstructed life, he will search for the courage and love to forgive, to expiate his and his ancestors' transgressions, and finally to rebuild himself beyond the haunted shadow of his twin. Set against the vivid panoply of twentieth-century America and filled with richly drawn, memorable characters, this deeply moving and thoroughly satisfying novel brings to light humanity's deepest needs and fears, our aloneness, our desire for love and acceptance, our struggle to survive at all costs. Joyous, mystical, and exquisitely written, *I Know This Much Is True* is an extraordinary reading experience that will leave no reader untouched.

permission to feel: The Motivation Manifesto Brendon Burchard, 2014-10-28 *The Motivation Manifesto* is a poetic and powerful call to reclaim your life and find your own personal freedom from Brendon Burchard - the world's #1 high performance coach and #1 New York Times bestselling author of *High Performance Habits*. "It's a triumphant work that transcends the title, lifting the reader from mere motivation into a soaringly purposeful and meaningful life. I love this book.

—Paulo Coelho The Motivation Manifesto is a call to claim our personal power. World-renowned high performance trainer Brendon Burchard reveals that the main motive of humankind is the pursuit of greater Personal Freedom. We desire the grand liberties of choice—time freedom, emotional freedom, social freedom, financial freedom, spiritual freedom. Only two enemies stand in our way: an external enemy, defined as the social oppression of who we are by the mediocre masses, and an internal enemy, a sort of self-oppression caused by our own doubt and fear. The march to Personal Freedom, Brendon says, can be won only by declaring our intent and independence, stepping into our personal power, and battling through self-doubt and the distractions of the day until full victory is won. Recalling the revolutionist voices of the past that chose freedom over tyranny, Brendon motivates us to free ourselves from fear and take back our lives once and for all. In this life-changing personal growth book, Brendon presents his nine declarations for personal power and motivation, drawing on insights from his own personal journey and from the lives of some of history's greatest leaders and thinkers. Each chapter focuses on one of the nine declarations, offering practical strategies and exercises to help you apply these principles to your life. Whether you're seeking to overcome self-doubt, boost your confidence, or achieve your goals, The Motivation Manifesto is an invaluable guide to unlocking your full potential. With its inspiring message and actionable advice, this bestselling book is a must-read for anyone who wants to unleash their inner greatness with the power of determination, resilience, and an empowering mindset.

permission to feel: This Is Permission: In This Moment, with All Its Challenges, and All Its Complexity...This Is Permission. Permission to Feel Everything. T M. H. Clark, 2020-06-07 In this moment, with all its challenges, and all its complexity... this is permission. Permission to feel everything. To not know what you feel. Permission to hold sorrow and wonder, anger and hope--everything that's real.--Front cover band.

permission to feel: The Book of Human Emotions Tiffany Watt Smith, 2015-09-17 Is your heart fluttering in anticipation? Is your stomach tight with nerves? Are you falling in love? Feeling a bit miffed? Are you curious (perhaps about this book)? Do you have the heebie-jeebies? Are you antsy with iktsuarpok? Or giddy with dépaysement? The Book of Human Emotions is a gleeful, thoughtful collection of 156 feelings, both rare and familiar. Each has its own story, and reveals the strange forces which shape our rich and varied internal worlds. In reading it, you'll discover feelings you never knew you had (like basorexia, the sudden urge to kiss someone), uncover the secret histories of boredom and confidence, and gain unexpected insights into why we feel the way we do. Published in partnership with the Wellcome Collection. Wellcome Collection is a free museum and library that aims to challenge how we think and feel about health. Inspired by the medical objects and curiosities collected by Henry Wellcome, it connects science, medicine, life and art. Wellcome Collection exhibitions, events and books explore a diverse range of subjects, including consciousness, forensic medicine, emotions, sexology, identity and death. Wellcome Collection is part of Wellcome, a global charitable foundation that exists to improve health for everyone by helping great ideas to thrive, funding over 14,000 researchers and projects in more than 70 countries. wellcomecollection.org

permission to feel: C Is for Consent Eleanor Morrison, 2018-05 A children's board book about respecting body boundaries. Teaches babies, toddlers, and thoughtful parents that it is okay for kids to say no to hugs and kisses, and that what happens to a person's body is up to them. Inspired by the #MeToo movement, written by a mom, illustrated by a feminist artist, and successfully crowdfunded on Kickstarter. Follows recommendations by child experts about allowing kids to decide when and how to offer affection to others. Helps young kids grow up confident in their bodies, comfortable with expressing physical boundaries, and respectful of the boundaries of others.

permission to feel: Deep Listening Oscar Trimboli, 2017-06-10 Over 55% of your day is spent listening; yet only 2% of us have been trained in how to listen. What is poor listening costing you? Do you rush from meeting to meeting, your head buried in the last conversation you had, without time to think of the next? Or feel frustrated with unproductive discussions where the loudest in the room adds limited insight and drowns out everyone else? We usually think of these situations as communication problems; that we have not spoken our needs correctly or clearly. Yet, conflict, chaos

and confusion are the costs of not listening. Many communication and listening books say the most important person in a conversation is the speaker - not true! This pocket-sized guide will help you to reconnect with your innate gift of deep listening, to create the right space to listen to yourself before you listen to others. You'll learn to listen beyond the words that are spoken, to add context and meaning and listen in to what's not being said. Deep Listening will help you move from confusion and conflict to thoughtful, insightful and powerful discussions that will transform not just your work, but your whole life.

permission to feel: Emotional Intelligence Daniel Goleman, 2020-12-08 The number 1 worldwide bestseller about why your emotional intelligence is more important than your IQ

permission to feel: All the Feels Elizabeth Laing Thompson, 2020-09-08 "All the Feels could turn your 2020 around!" —Crosswalk.com Emotions—love them or hate them, we've all got them. And we've all got to figure out what to do with them. But wait—can we do anything about our emotions? Can we learn how to identify, express, experience—and yes, sometimes wrangle—our feelings in order to live a vibrant, healthy, fruitful life for Jesus? In All the Feels, author Elizabeth Laing Thompson uses her experiences as a big feeler to encourage and equip different kinds of feelers with the biblical perspectives, practical tools, and scriptural reservoir they need. As a woman who has lived every day of her life having All The Big Feelings All The Day Long, Elizabeth knows what it's like to live life through our emotions—and how important it is to understand, take control of, and grow from those emotions. Whether you have a sensitive soul with more feelings than you know how to name, a logical personality that doesn't quite know what to do with feelings, or a steady flow of emotions somewhere in the middle, All the Feels will help you discover your own God-designed "feelings style" and how it impacts your life and relationships, distinguish fact from feeling and figure out which feelings you can trust, and understand which emotional gifts God wants you to expand, explore, and enjoy. Get ready to throw open the doors of your heart, bringing God to your emotions and your emotions to God—the One who invented feelings and who always welcomes yours.

permission to feel: What I'm Feeling Is Okay! Laura Shiff, 2021-01-19 Through vibrant illustrations and playful rhymes, follow a little boy through his morning routine--and all the emotions that come with it!

permission to feel: Give Yourself Permission to Be Happy Howard Murad, 2014-11-07 Permission is a very powerful word one that can enslave us to our own doubts and fears or set us free to pursue our dreams. In Book Two of the Health and Happiness series, Dr. Murad explains why so many of us are unhappy nearly all the time. We are needlessly waiting for some imaginary authority figure to give us permission to enjoy ourselves and reach our full potential. The doctor's advice is simple: stop waiting and Give Yourself Permission to be Happy!

permission to feel: Permissions, A Survival Guide Susan M. Bielstein, 2010-06-15 If a picture is worth a thousand words, then it's a good bet that at least half of those words relate to the picture's copyright status. Art historians, artists, and anyone who wants to use the images of others will find themselves awash in byzantine legal terms, constantly evolving copyright law, varying interpretations by museums and estates, and despair over the complexity of the whole situation. Here, on a white—not a high—horse, Susan Bielstein offers her decades of experience as an editor working with illustrated books. In doing so, she unsnarls the threads of permissions that have ensnared scholars, critics, and artists for years. Organized as a series of "takes" that range from short sidebars to extended discussions, Permissions, A Survival Guide explores intellectual property law as it pertains to visual imagery. How can you determine whether an artwork is copyrighted? How do you procure a high-quality reproduction of an image? What does "fair use" really mean? Is it ever legitimate to use the work of an artist without permission? Bielstein discusses the many uncertainties that plague writers who work with images in this highly visual age, and she does so based on her years navigating precisely these issues. As an editor who has hired a photographer to shoot an incredibly obscure work in the Italian mountains (a plan that backfired hilariously), who has tried to reason with artists' estates in languages she doesn't speak, and who has spent her time in

the archival trenches, she offers a snappy and humane guide to this difficult terrain. Filled with anecdotes, asides, and real courage, *Permissions, A Survival Guide* is a unique handbook that anyone working in the visual arts will find invaluable, if not indispensable.

permission to feel: Ask a Manager Alison Green, 2018-05-01 'I'm a HUGE fan of Alison Green's Ask a Manager column. This book is even better' Robert Sutton, author of *The No Asshole Rule* and *The Asshole Survival Guide* 'Ask A Manager is the book I wish I'd had in my desk drawer when I was starting out (or even, let's be honest, fifteen years in)' - Sarah Knight, New York Times bestselling author of *The Life-Changing Magic of Not Giving a F*ck* A witty, practical guide to navigating 200 difficult professional conversations Ten years as a workplace advice columnist has taught Alison Green that people avoid awkward conversations in the office because they don't know what to say. Thankfully, Alison does. In this incredibly helpful book, she takes on the tough discussions you may need to have during your career. You'll learn what to say when: · colleagues push their work on you - then take credit for it · you accidentally trash-talk someone in an email and hit 'reply all' · you're being micromanaged - or not being managed at all · your boss seems unhappy with your work · you got too drunk at the Christmas party With sharp, sage advice and candid letters from real-life readers, *Ask a Manager* will help you successfully navigate the stormy seas of office life.

permission to feel: Big Feelings Gigi Bella, 2020-05-05 Poetry. Latinx Studies. Women's Studies. LGBTQIA Studies. Film. Music. *BIG FEELINGS* is a grand tour of love and loss, femininity, and the nuances inherent in the simple messiness of being alive. Bella masterfully works within the ambiguity of feelings that do not ever truly end, of what it feels like to be a ghost within those feelings, and she guides the reader through the origin point of every haunting. She navigates the tragedies of heartbreak, the experience of brown girlhood, the loneliness ingrained within artists, and the courage it takes to get back up again even when it feels like you have already died many times before. With compassion and much needed humor, *BIG FEELINGS* allows us the necessary space to be alone with one another. At once a time capsule of love and loss, and a hymnal book of protest songs against the current political regime, the reader becomes a lucky passenger in bella's car, driving the scenic route through her brilliant and expansive mind. The book reads as a memoir in verse. The poems travel both physical and emotional landscapes, journeying through vibrant New Mexico and through the often lonely road of living as someone with 'big feelings.' We get to meet bodega cats, Ariana Grande, her family and her loves, but most importantly we get to meet gigi; wholly human and wholly herself. This book is as tender as it is fierce, and will be opened like a gift by the hearts of so many.-Andrea Gibson

permission to feel: 90 Seconds to a Life You Love Joan Rosenberg, 2019-02-07 'This book was a game changer for me. You will understand anxiety in a totally new way - a way that empowers and releases you from it! Brilliant book!' Poppy Jamie, author of *Happy Not Perfect* *90 Seconds to a Life You Love* follows a simple formula: 1 choice. 8 feelings. 90 seconds. This book teaches you that if you choose to be fully present and aware when you experience unpleasant feelings. If you choose not to block or avoid these difficult emotions with alcohol, food or denial. If you ride through the wave of these feelings, which will only last for 90 seconds, you will build your confidence. It's called the Rosenberg Reset and it will change your life. You will move through these emotions successfully, be better equipped to handle unpleasant feelings in the future and put yourself on the path to resilience, emotional strength, positive self-esteem and rock solid confidence. *90 Seconds to a Life You Love* shares the only neuroscience-based approach that shows readers how to achieve emotional strength and confidence. 'Joan's approach is simple, practical, and effective. It represents a significant breakthrough on the path to success. If you want unwavering confidence to pursue your goals and dreams, then this will guide you to it.' Jack Canfield, co-author of the *Chicken Soup for the Soul* series and *The Success Principles* '90 Seconds to a Life You Love is a must-read. Imagine what would happen in your life if you had unwavering self-esteem and greater emotional strength. This book is the roadmap, and Dr. Joan is the perfect guide.' Brendon Burchard, author of *The Motivation Manifesto*, *The Charge*, and *The Millionaire Messenger* 'Her ethos is simple: if you sit with an

unpleasant or painful emotion for 90 seconds, keeping it in your mind without distractions, you will essentially 'ride it out'. - Metro

permission to feel: Dare to Lead Brené Brown, 2018-10-11 In her #1 NYT bestsellers, Brené Brown taught us what it means to dare greatly, rise strong and brave the wilderness. Now, based on new research conducted with leaders, change makers and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Leadership is not about titles, status and power over people. Leaders are people who hold themselves accountable for recognising the potential in people and ideas, and developing that potential. This is a book for everyone who is ready to choose courage over comfort, make a difference and lead. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it and work to align authority and accountability. We don't avoid difficult conversations and situations; we lean into the vulnerability that's necessary to do good work. But daring leadership in a culture that's defined by scarcity, fear and uncertainty requires building courage skills, which are uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the same time we're scrambling to figure out what we have to offer that machines can't do better and faster. What can we do better? Empathy, connection and courage to start. Brené Brown spent the past two decades researching the emotions that give meaning to our lives. Over the past seven years, she found that leaders in organisations ranging from small entrepreneurial start-ups and family-owned businesses to non-profits, civic organisations and Fortune 50 companies, are asking the same questions: How do you cultivate braver, more daring leaders? And, how do you embed the value of courage in your culture? Dare to Lead answers these questions and gives us actionable strategies and real examples from her new research-based, courage-building programme. Brené writes, 'One of the most important findings of my career is that courage can be taught, developed and measured. Courage is a collection of four skill sets supported by twenty-eight behaviours. All it requires is a commitment to doing bold work, having tough conversations and showing up with our whole hearts. Easy? No. Choosing courage over comfort is not easy. Worth it? Always. We want to be brave with our lives and work. It's why we're here.'

permission to feel: You Are Your Best Thing Tarana Burke, Brené Brown, 2021-04-27 Tarana Burke and Dr. Brené Brown bring together a dynamic group of Black writers, organisers, artists, academics and cultural figures to discuss the topics the two have dedicated their lives to understanding and teaching: vulnerability and shame resilience. Contributions by Kiese Laymon, Imani Perry, Laverne Cox, Jason Reynolds, Austin Channing Brown, and more. It started as a text between two friends. Tarana Burke, founder of the 'me too.' Movement, texted researcher and writer Brené Brown to see if she was free to jump on a call. Brené assumed that Tarana wanted to talk about wallpaper. They had been trading home decorating inspiration boards in their last text conversation so Brené started scrolling to find her latest Pinterest pictures when the phone rang. But it was immediately clear to Brené that the conversation wasn't going to be about wallpaper. Tarana's hello was serious and she hesitated for a bit before saying, Brené, you know your work affected me so deeply, but as a Black woman, I've sometimes had to feel like I have to contort myself to fit into some of your words. The core of it rings so true for me, but the application has been harder. Brené replied, I'm so glad we're talking about this. It makes sense to me. Especially in terms of vulnerability. How do you take the armour off in a country where you're not physically or emotionally safe? Long pause. That's why I'm calling, said Tarana. What do you think about working together on a book about the Black experience with vulnerability and shame resilience? There was no hesitation. Burke and Brown are the perfect pair to usher in this stark, potent collection of essays on Black shame and healing. Along with the anthology contributors, they create a space to recognise and process the trauma of white supremacy, a space to be vulnerable and affirm the fullness of Black love and Black life.

permission to feel: Neuroteach Glenn Whitman, Ian Kelleher, 2016 Neuroteach will aid teachers and school leaders in bringing the growing body of educational neuroscience research into

the design of their schools, classrooms, and work with each individual student.--Back cover.

permission to feel: *It's OK That You're Not OK* Megan Devine, 2017-10-01 Challenging conventional wisdom on grief, a pioneering therapist offers a new resource for those experiencing loss When a painful loss or life-shattering event upends your world, here is the first thing to know: there is nothing wrong with grief. "Grief is simply love in its most wild and painful form," says Megan Devine. "It is a natural and sane response to loss." So, why does our culture treat grief like a disease to be cured as quickly as possible? In *It's OK That You're Not OK*, Megan Devine offers a profound new approach to both the experience of grief and the way we try to help others who have endured tragedy. Having experienced grief from both sides—as both a therapist and as a woman who witnessed the accidental drowning of her beloved partner—Megan writes with deep insight about the unspoken truths of loss, love, and healing. She debunks the culturally prescribed goal of returning to a normal, "happy" life, replacing it with a far healthier middle path, one that invites us to build a life alongside grief rather than seeking to overcome it. In this compelling and heartfelt book, you'll learn: • Why well-meaning advice, therapy, and spiritual wisdom so often end up making it harder for people in grief • How challenging the myths of grief—doing away with stages, timetables, and unrealistic ideals about how grief should unfold—allows us to accept grief as a mystery to be honored instead of a problem to solve • Practical guidance for managing stress, improving sleep, and decreasing anxiety without trying to "fix" your pain • How to help the people you love—with essays to teach us the best skills, checklists, and suggestions for supporting and comforting others through the grieving process Many people who have suffered a loss feel judged, dismissed, and misunderstood by a culture that wants to "solve" grief. Megan writes, "Grief no more needs a solution than love needs a solution." Through stories, research, life tips, and creative and mindfulness-based practices, she offers a unique guide through an experience we all must face—in our personal lives, in the lives of those we love, and in the wider world. *It's OK That You're Not OK* is a book for grieving people, those who love them, and all those seeking to love themselves—and each other—better.

permission to feel: *The Giver* Lois Lowry, 2014 *The Giver*, the 1994 Newbery Medal winner, has become one of the most influential novels of our time. The haunting story centers on twelve-year-old Jonas, who lives in a seemingly ideal, if colorless, world of conformity and contentment. Not until he is given his life assignment as the Receiver of Memory does he begin to understand the dark, complex secrets behind his fragile community. This movie tie-in edition features cover art from the movie and exclusive Q&A with members of the cast, including Taylor Swift, Brenton Thwaites and Cameron Monaghan.

permission to feel: **Creating Emotionally Literate Classrooms** Marc A Brackett, Janet Pickard Kremenitzer, 2011 A research-based, field-tested program that enhances academic achievement and social competence with developmentally appropriate lessons that are integrated across the curriculum for K-5. The methodology accommodates all learning styles, with six concrete how to steps for quick and easy implementation. It also comes with the reproducible materials for student use, as well as supporting teacher materials.

permission to feel: Mirror Meditation Tara Well, 2022-06-01 Discover the power of mirror meditation to help you awaken self-compassion, increase self-awareness, and gain the confidence needed to thrive. Seeing ourselves clearly isn't always easy—especially in the age of social media. Technology has eroded our capacity for authentic self-reflection. As a result, we feel more anxious and depressed, have shorter attention spans, and have become more estranged from ourselves and each other. We've also become more critical of our physical appearance, and this self-criticism can damage our confidence and stand in the way of our happiness. In order to heal, we must come face to face with our true selves—not the images of ourselves that we alter and post online. If you're ready for self-reflection that has nothing to do with selfies, this book will reveal the way. Based in cutting-edge neuroscience, *Mirror Meditation* offers mindful practices for increasing your self-awareness, managing stress and emotions, developing self-compassion, and increasing your confidence and personal presence. Using the three principles of mindfulness meditation—attention

to the present moment, open awareness, and kind intention toward oneself—you'll realize just how much your self-criticisms are affecting you. Then you'll have a choice—and a practice—to treat yourself with more self-acceptance. Self-awareness can help you break free from both your inner critic and the external world that stokes the fears and anxieties that we are never good enough, never have enough, and are never safe enough. The simple self-mirroring technique in this unique guide isn't grounded in technology—just a commitment to be present with yourself.

permission to feel: The 5 Levels of Leadership John C. Maxwell, 2011-10-04 Use this helpful book to learn about the leadership tools to fuel success, grow your team, and become the visionary you were meant to be. True leadership isn't a matter of having a certain job or title. In fact, being chosen for a position is only the first of the five levels every effective leader achieves. To become more than the boss people follow only because they are required to, you have to master the ability to invest in people and inspire them. To grow further in your role, you must achieve results and build a team that produces. You need to help people to develop their skills to become leaders in their own right. And if you have the skill and dedication, you can reach the pinnacle of leadership—where experience will allow you to extend your influence beyond your immediate reach and time for the benefit of others. The 5 Levels of Leadership are: 1. Position—People follow because they have to. 2. Permission—People follow because they want to. 3. Production—People follow because of what you have done for the organization. 4. People Development—People follow because of what you have done for them personally. 5. Pinnacle—People follow because of who you are and what you represent. Through humor, in-depth insight, and examples, internationally recognized leadership expert John C. Maxwell describes each of these stages of leadership. He shows you how to master each level and rise up to the next to become a more influential, respected, and successful leader.

permission to feel: The Courage to Feel Andrew Seubert, 2021-05-11 Many people live partial lives, keeping their vitality under emotional mufflers and living life without ever feeling like an adult. The Courage to Feel delivers a pragmatic, creative and inspiring four-step path to emotional mastery and freedom that explores the hidden wealth of guidance and wisdom available through our emotions. Each chapter includes anecdotes, applications and exercises to anchor the teachings along with the charming allegory of Simon the Turtle who must leave his shell to follow his heart is woven throughout the book. Based on the authors 25+ years' experience with thousands of clients, this book will launch you on a journey that leads to personal freedom, happier marriages, improved work relationships, and deeper spirituality.

permission to feel: It's Not Always Depression Hilary Jacobs Hendel, 2018-02-06 Fascinating patient stories and dynamic exercises help you connect to healing emotions, ease anxiety and depression, and discover your authentic self. Sara suffered a debilitating fear of asserting herself. Spencer experienced crippling social anxiety. Bonnie was shut down, disconnected from her feelings. These patients all came to psychotherapist Hilary Jacobs Hendel seeking treatment for depression, but in fact none of them were chemically depressed. Rather, Jacobs Hendel found that they'd all experienced traumas in their youth that caused them to put up emotional defenses that masqueraded as symptoms of depression. Jacobs Hendel led these patients and others toward lives newly capable of joy and fulfillment through an empathic and effective therapeutic approach that draws on the latest science about the healing power of our emotions. Whereas conventional therapy encourages patients to talk through past events that may trigger anxiety and depression, accelerated experiential dynamic psychotherapy (AEDP), the method practiced by Jacobs Hendel and pioneered by Diana Fosha, PhD, teaches us to identify the defenses and inhibitory emotions (shame, guilt, and anxiety) that block core emotions (anger, sadness, fear, disgust, joy, excitement, and sexual excitement). Fully experiencing core emotions allows us to enter an openhearted state where we are calm, curious, connected, compassionate, confident, courageous, and clear. In It's Not Always Depression, Jacobs Hendel shares a unique and pragmatic tool called the Change Triangle—a guide to carry you from a place of disconnection back to your true self. In these pages, she teaches lay readers and helping professionals alike • why all emotions—even the most painful—have value. • how to identify emotions and the defenses we put up against them. • how to get to the root of

anxiety—the most common mental illness of our time. • how to have compassion for the child you were and the adult you are. Jacobs Hendel provides navigational tools, body and thought exercises, candid personal anecdotes, and profound insights gleaned from her patients' remarkable breakthroughs. She shows us how to work the Change Triangle in our everyday lives and chart a deeply personal, powerful, and hopeful course to psychological well-being and emotional engagement.

permission to feel: *Dictionary of Emotions* Patrick Michael Ryan, 2014-09-10 Are you feeling elated, or are you more enraptured? Are you a bit glum, or is it more like melancholy? The words we use to express emotions are as plentiful and nuanced as the feelings those words describe. *Dictionary of Emotions: Words for Feelings, Moods, and Emotions* is a comprehensive reference book of such terms. The book's accompanying definitions are based on the context of feeling and are intended to be a starting point to help shape an individual's interpretation of both the word and their experience. Psychologists, therapists, actors, authors, and those who are associated with these fields will find *Dictionary of Emotions* an invaluable communication tool. The book will help anyone seeking to enhance their emotional intelligence with a vocabulary of emotional awareness and expression.

permission to feel: *The Nancys* R.W.R. McDonald, 2019-06-03 WINNER of the Ngaio Marsh Award for Best First Novel 'Funny, dark and above all, heart-warming, *The Nancys* is a celebration of what's important in life - which is family, friendship and also: makeovers. R.W.R. McDonald's novel is face-paced, clever and full of wit and repartee. McDonald pays homage to the novel's namesake Nancy Drew, but adds elements of RuPaul and Shirley Barrett's *The Bus on Thursday*. The result is a work of fiction that is smart, darkly comic and, in the very best of ways, completely bizarre.' - Katherine Collette, author of *The Helpline* 'A delight - moving and hilarious. I loved every minute I spent with these characters.' - Paddy O'Reilly 'How does *The Nancys* manage to be both sharp and blackly funny, but also uplifting and sweet?' - Toni Jordan Tippy Chan is eleven and lives in a small town in a very quiet part of the world - the place her Uncle Pike escaped from the first chance he got as a teenager. Now Pike is back with his new boyfriend Devon to look after Tippy while her mum's on a cruise. Tippy is in love with her uncle's old Nancy Drew books, especially the early ones where Nancy was sixteen and did whatever she wanted. She wants to be Nancy and is desperate to solve a real mystery. When her teacher's body is found beside Riverstone's only traffic light, Tippy's moment has arrived. She and her minders form *The Nancys*, a secret amateur detective club. But what starts as a bonding and sightseeing adventure quickly morphs into something far more dangerous. A wrongful arrest, a close call with the murderer, and an intervention from Tippy's mum all conspire against *The Nancys*. But regardless of their own safety, and despite the constant distraction of questionable fashion choices in the town that style forgot, *The Nancys* know only they can stop the killer from striking again. *The Nancys* is gripping and glorious, a heart-warming novel for anyone who's ever felt they were on the outside looking in. At its heart it is about the family we make and how we must summon the courage to face the truth, no matter what the cost may be.

permission to feel: *The Practice Co - Volume Three* Liz Milani, 2020-11-16 In 2012 I began writing (and designing) short devotional pieces. We posted them on Instagram thinking that our friends and family would politely like them. But to our absolute shock, complete strangers liked them, too. A few years on, and here we are. I never dreamed that Pocket Fuel would turn into this practice and lead me to you. I'm forever grateful for it, no matter how rudimentary and humble our beginnings were. Not too long into our Instagram experiment, we found ourselves asking deeper questions around our faith. Everything we thought we knew; thought we had a handle on; thought was secure and for always; was challenged, questioned, and stripped bare. We experienced tragedy at home, and at work. We quit our jobs as Pastors, and started from scratch (faith and vocation) in our mid thirties. But through what felt like the death of all we thought we knew and would be, we found beauty and community. Our faith has a vibrancy that it was once devoid of. And our questions and doubts? I no-longer feel guilty for having them. They are an active part of my faith.

permission to feel: The Creative License Danny Gregory, 2005-12-21 When Danny Gregory's life was turned upside down by tragedy, he learned to cope by teaching himself to draw. The result was a complete transformation of his life, his priorities, his career, and the way he saw the world. In handwritten chapters full of his lush watercolor illustrations, Danny now offers readers a program for reconnecting to their own creative energies, using drawing as an example. He gently instructs us in the art of allowing ourselves to fail, giving up the expectation of perfection and opening our eyes to the beauty around us. The result is the permission to express ourselves fully and take part in the creative process without fear. Artist or not, readers of all stripes will find inspiration in this unique and beautiful book.

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